



Senior Activity Center-Lamar

2874 Shoal Crest Ave.

Austin, TX 78705

512-474-5921

SUMMER PROGRAM GUIDE JULY-SEPTEMBER 2013



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The City of Austin is proud to comply with the Americans with Disabilities Act.
If you require assistance for participation in our programs or use of our facilities, please
call 512-974-3910

<http://www.austintexas.gov/departmentsenior-activity-center-lamar>



SENIOR ACTIVITY
CENTER — LAMAR
2874 Shoal Crest Ave.
Austin, TX 78705

Summer

Program

Guide

July — September 2013



City Officials

<i>Mayor</i>	Lee Leffingwell
<i>Mayor Pro Tem</i>	Sheryl Cole
<i>Council Members</i>	Chris Riley Mike Martinez Kathie Tovo Laura Morrison Bill Spelman
<i>City Manager</i>	Marc A. Ott
<i>Deputy City Manager</i>	Michael McDonald
<i>Assistant City Manager</i>	Robert Goode
<i>Assistant City Manager</i>	Sue Edwards
<i>Assistant City Manager</i>	Bert Lumbreras
<i>Acting Assistant City Manager</i>	Anthony Snipes
<i>Acting Chief of Staff</i>	Ray Baray

Departmental Staff

<i>Director</i>	Sara L. Hensley
<i>Assistant Directors</i>	Kimberly A. McNeeley Jesse Vargas Cora D. Wright
<i>Division Manager</i>	Cheryl Bolin
<i>Program Manager</i>	Tiffany Cabin
<i>Program Supervisor</i>	Jerilyn Rainosek
<i>Program Specialist</i>	Michelle Richardson
<i>Program Specialist</i>	Kipa Smith
<i>Building/Grounds Assistant</i>	Andrew Maldonado
<i>Admin. Associate</i>	Teresa Hudson

Parks and Recreation Board

Chair	Jane Rivera
Vice Chair	Jeff Francell
Board Member	William Abell
Board Member	Susana Almanza
Board Member	Dale Glover
Board Member	Lynn Osgood
Board Member	Susan Roth

Senior Activity Center Advisory Board

Alma Harrington, *President*

Gayle Fischer, *Vice President*

Dayton Grumbles, *Treasurer*

Helen Anderson, *Secretary*

Members: Wilson Ashby, Marilyn Burson, Tel Dalton, Pat Kelly,
Mary Ann Lawrence, Jamye Legett, Helen Miller,
Ken Moore, Sydelle Popinsky, Bill Ramage

Senior Activity Center Guild

Gayle Fischer, *President*

Conrad Bohn, *Vice President*

Dayton Grumbles, *Treasurer*

Helen Anderson, *Secretary*

Members: Wilson Ashby, Bob Cook, Alma Harrington,
Mary Ann Lawrence, Bill Ramage

Mission Statement

The purpose of the Austin Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural and outdoor experiences for the Austin community

ADA Statement

The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call (512) 974-3910.

La Ciudad de Austin esta comprometida al Acta de Americanos Incapacitados. Si require asistencia para participar en nuestros programas por favor llame al telefono number (512) 974-3910.

REC Principles: Recreational-Environmental-Cultural

The Austin Parks and Recreation Department uses a professional, systematic and studied approach in determining the programs and services we offer our community. This strategy is reflected in our Recreational, Environmental, and Cultural Program Principles. These principles are used in determining programs and services:

- Provide programs and services that help fulfill the organizational mission, vision, goals and objectives adopted by the Austin City Council and the Austin Parks and Recreation Department.
- Provide programs that follow all applicable laws, ordinances, resolutions and standard operating procedures.
- Develop programs that have a stated purpose, goals and objectives which specify benefits and outcomes that the program will offer participants and the community.
- Offer accessible, affordable recreational, environmental and cultural program opportunities in a safe environment for all ages, abilities, interests and socio-economic levels, highlighting Austin's diversity.
- Encourage and respond to community input in program planning, development and evaluation.
- Programs will balance community needs with financial viability providing an overall financially sound recreation program to the Austin community.

VISION

We want Austin to be the most livable community in the country.

ORGANIZATIONAL VALUES

GUTSY - We honor the public trust by conducting ourselves with integrity and doing what it takes to get the job done right.

GREEN - We consider the impact on the environment in everything we do.

CREATIVE - We seek and embrace innovative solutions.

COMMITTED - We provide unbeatable customer service and personally invest in our community.

COLLABORATIVE - We work together and support one another as team members across departmental boundaries.

INCLUSIVE - We appreciate the added value that open-mindedness and diversity bring to our team.

SPIRITED - We are passionate about our work, have fun doing it, and celebrate a job well done.

ACCOUNTABLE - We maintain the public trust by working smart and spending taxpayers' money wisely.

City Holidays and Site Closure Dates:

The Senior Activity Center will be closed on the following dates:

Thursday, July 4, 2013, 4th of July Holiday

Monday, September 2, 2013 Labor Day Holiday

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SAC-Lamar Advisory Board

Advisory Board Volunteer Hours for Registration are Monday - Friday 8:45 a.m. - 3:30 p.m. Registration for trips, activities, programs and events sponsored by the Advisory Board are managed by volunteers. SAC-Lamar staff is unable to accept payments for Advisory Board registrations. This includes but is not limited to: Bingo, Summer Picnic, Holiday Luncheon, Collette Vacations trips, Acoustical Café, Day trips sponsored by the Advisory Board, etc.

SAC-Lamar Class Registration

SAC program registration hours are Monday - Friday 9:00 a.m. - 4:00 p.m. REGISTER EARLY FOR CLASSES AND TRIPS the LAST FRIDAY of each month at 9:00 a.m. (exceptions will be posted)! When time allows please make sure that you register at least one week prior to the first day of the class or trip you are interested in. We must have a minimum number of registered participants for our classes and trips to make. If we do not meet the minimum at least one week prior to class/event, the class/event will be canceled. Participants must have a 2013 waiver of release on file prior to registering.

Waiting List

One way to deliver quality service is by limiting class/program/trip size to provide good student/teacher ratio and trip comfort. If a class/program/trip has reached the maximum capacity, names are placed on a "waiting list" and participants are contacted as openings become available. Payment is required prior to class/program/trip.

SAC-Lamar Parks & Recreation Refunds/Cancellations/Transfers

- Class/Program/Activity/Trip attendance is the responsibility of the participant.
- Failure to attend a Class/Program/Activity/Trip does not entitle a participant to a transfer, make-up, pro-rate, credit or refund.
- Class/Program/Activity fees are refundable in full only if the Class/Program/Activity is cancelled or rescheduled by COA Parks and Recreation Department.

Class/Program/Activity Cancellations

Any registration cancellation/withdrawal due to personal reasons (ex: death of an immediate family member, personal injury/illness, etc.), with at least **48 hours advance notice (in writing)** the following guidelines apply:

- A refund check less a \$10 cancellation/processing fee may be mailed to a participant (allow 4-6 weeks)
- If the remaining balance is less than \$10, after a \$10 cancellation/processing fee, the remaining amount may be refunded to account (no check will be issued if less than \$10) valid for up to 6 months
- There is a \$25 cash fee on all return checks
- Medical verification may be required before cancellation is processed
- If Class/Program/Activity has a “waiting list” and the participant’s spot is filled with a paid participant, a full refund to account will be provided

SAC-Lamar Parks & Recreation Refunds/Cancellations/Transfers

Class/Program/Activity Transfers

All procedures listed for Class/Program/Activity cancellations apply to transfers.

Trip Cancellations

Refunds to account for Trip cancellations will only be given if:

- A "Waiting List" exists for the program/activity
- Participant's spot is filled with a paid participant
- Medical verification is provided at the discretion of Parks & Recreation Department

Check Refunds minus a \$10 processing fee will only be given if:

- A "Waiting List" exists for the trip **AND**
- Participant's spot is filled with a paid participant **OR**
- Medical verification is provided at the discretion of Parks & Recreation Department

Trip "Spot" Transfers

A participant may transfer their "spot" on a Trip using the following guidelines:

- 48 hour notice is provided to SAC-Lamar designated staff
- Replacement participant has completed all required City of Austin paperwork at least 24 hours prior to trip
- Parks & Recreation/SAC-Lamar is released of all financial responsibility to participants



Senior Activity Center Hours of Operation

Monday—Friday 8:00 a.m.- 5:00 p.m.

SAC Registration 9:00 a.m. - 4:00 p.m.

SAC Advisory Board Registration 8:45 a.m. - 3:30 p.m.

Special Events & Information



ICE CREAM SOCIAL

Wednesday, August 14th, 2013

FREE to Registered Participants

Please call SAC-Lamar at 512-474-5921 before Friday, August 9th at 5:00 p.m. to reserve your seat. Open to all ages!

Cool Down this Summer with SAC-Lamar

Celebrate India

Thursday, August 15, 2013 at 6:00 p.m.

Join Jogendra Bhagat, SAC-Lamar Yoga contract instructor who is from India as he hosts this Celebration of India. Enjoy photos, video footage, music and brief discussions about the history and culture of India. You will also be treated to highlights from Jogi's summer 2012 yoga retreat to India. India celebrates Independence on August 15th each year.

Winter Art Show

Featuring original art by Austin Parks and Recreation participants, local art clubs and art instructors 50 years of age and older.

SAVE THE DATE

Saturday, November 9th, 11:00 a.m. — 4:00 p.m.

Sunday, November 10th, Noon — 4:00 p.m.

- ♦ Professional to amateur artists
- ♦ Oil and Watercolor paintings, pottery and more
- ♦ Most artwork for sale



A Matter of Balance

If you completed the class survey for “A Matter of Balance” you will be contacted with information about this upcoming class. Anyone that did not complete a survey should watch for information to be posted about openings for class registration.



ANNOUNCEMENTS

Trip Registration Procedure

Effective for September trip registration you may register yourself and 1 additional person.

URBAN EXPLORERS

Are you interested in exploring Austin? Meet at SAC-Lamar to get out, discover and explore. Transportation will be via Capital Metro Bus and / or Rail. Group activities including hikes, visits to museums and just about anything you can think of. Sign up for the contact list at the Volunteer Desk to be a part of this new independent group sponsored by the SAC Advisory Board. Group leader, Marilyn Burson, SAC Board Member & Urban Explorer Coordinator or SAC staff will contact you about upcoming destinations! Brought to you by your SAC-Lamar Travel Committee and organized by Marilyn Burson.



The SAC-Lamar Advisory Board is seeking volunteers to serve a 3-year term as a board member. The SAC-Lamar Advisory Board sponsors many activities provided at the center such as: Bingo, Trips over 100 miles, Acoustical Café, Computer Lab, this Program Guide and more. Please stop by our Volunteer desk in the lobby to complete a volunteer form.

Dance...Dance...Dance

Come down to the Center for an evening of dancing to *live music* from 7:30 p.m. until 9:30 p.m. For specific information, please contact the representative as listed below.



Mondays - Country and Western—Golden Rule Dance Club. Live music by The 29th Street Band. The band **will play country western music with a mix of Waltz, Swing, Polka, Jitterbug, and Line Dance.** Dance the mixer and make new friends! Admission is \$4 for everyone. **Contact Donna Baldwin for more information.** All adults welcome! Potluck snacks will be shared during the break.



Wednesdays - Ballroom—Fifty Plus Singles Dance Club. Live music, always a Mixer. **For additional information contact Lorraine Rankin at 512-280-8649 or visit the Fifty Plus website: www.fiftyplusdanceaustin.com**



Fridays - Ballroom— Let's Dance Club with live music. Come dance with us as we Swing, Waltz, Foxtrot and Latin dance into your heart and soul. Couples and singles. Admission is \$5 for members and \$7 for visitors/guests. **Contact Kay Sousares at 512-453-7978 for additional information.**

SAC Advisory Board Sponsored Trip Rules

TRIP RULES: Trip attendance is the responsibility of the participant. Failure to attend a trip does not entitle a participant to a refund. Trips are refundable in full if the trip is cancelled by the SAC Advisory Board.

TRIP CANCELLATIONS: Refunds for trip cancellations will be allowed up to 30 days prior to trip departure date. Refunds for trips cancelled with less than 30 days prior to trip departure will only be given if a waiting list exists and the participant is replaced. If a medical emergency occurs, a travel committee representative must be contacted.

TRIP "SPOT" TRANSFERS: A participant may transfer their "spot" on a trip using the following guidelines:

- There is no waiting list
- Participant must find a replacement for spot transfer
- 48-hour notice must be provided to SAC Travel Committee Representative
- Replacement participant must complete all required paperwork and make payment at least 24 hours prior to trip

Refunds will be issued after trip has been completed.

SAC Advisory Board Sponsored Trips & Events

B-I-N-G-O! Grandparent/Grandkids Bingo in August. Bring your Grand Child, Niece or Nephew (age 7-21) to play Bingo with you Tuesday, August 6th. Special kid prizes will be available.

Register during the next Bingo session or with SAC-Lamar Volunteer. **Cost: \$3 includes light lunch. Limit 1 guest per participant. Youth guest cost is \$2.** *This is a SAC-Lamar Advisory Board sponsored special event.* **Bingo begins at 10:00 a.m. and ends at 12:30 p.m.**

Future monthly games will be Tuesday, July 16th, Tuesday, August 6th & Tuesday, September 10th.

Southern Charm Slide Show Sept. 12, 2013 at 10:00 a.m.
Historic Charleston, Boone Hall Plantation, Beaufort, Savannah, Factors Walk, Jekyll Island, St. Simons Island and St. Augustine.

Trip dates April 6-12, 2014
Single \$2,709, Double, \$2,159

Austin Acoustical Café — concerts held in the fabulous acoustically designed SAC-Lamar main hall. For additional information & concert dates along with information about the musicians, visit the web site: www.austinacousticalcafe.com *This is a SAC-Lamar Advisory Board sponsored special event.*

Show begins at 7:00 pm:

- **Saturday, September 7th, Stephanie Bettman & Luke Halpin**
- **Saturday, October 5th, David Massengill****

****Opening acts TBA**

Pre-purchase tickets online or at
SAC Lamar Volunteer Desk

BRIDGE

Registration Process for Bridge Classes:

Registration for classes begins August 26th. To guarantee your spot in any bridge class, you must register with the SAC staff. Pay instructor on the first day of class after you have registered with SAC staff. All Bridge Players must have a current City of Austin waiver on file.

Intermediate Bridge II-A

Mon., Sept. 9 - Oct. 7

9:30 a.m.-11:30 a.m.

\$50 per session

This course will focus on rebids by the opener. Consideration will be given as hands are valuated and discussed: What bids are forcing and wath bids are invitational? **Instructor: Potts**

Beginning Bridge I-A

Tues., Sept. 10 - Oct. 8

9:30 a.m.-11:30 a.m.

\$50 per session

The very basics of bridge will be covered. Learn from the very beginning how to bid and play. Introductory concepts: the language of bidding, scoring and guidelines for play will be presented. Students will learn how to open bidding, the roles of partners, a and bidding messages. No previous knowledge is required. **Instructor: Potts**

About the new Bridge Instructor

Sandy Potts is a certified bridge instructor and club director. She loves playing bridge and teaching people. She discovered bridge when she retired as a secondary mathematics educator, having taught predominantly at the high school community school levels. Sandy is a Silver Life Master.

Duplicate Bridge

Tues., Sept. 10 - Oct. 15

12:45 p.m. - 3:45 p.m.

\$35 per session

This is a six (6) week course. This class includes the mechanics of duplicate & scoring; conventions such as Jacoby Transfer, negative doubles, weak 2 openers, and duplicate play. **Instructor: Rieger**

ACBL Duplicate Bridge

12:30 p.m. - 4:00 pm

Mondays/Fridays (ongoing)

\$5-\$6 per session

A competitive game of skill in which the element of luck is removed because everyone plays the same cards. A game lasts about 3 hours and 24 deals are played. The game is supervised by **Larry Davis**, a very experienced bridge player and bridge supervisor. This game is not as intense as most duplicate bridge, although it is more competitive than a purely social game. Partners encouraged. ***If you need a partner, please contact Larry Davis with one-day advanced notice at 512-343-6942.***

****NEW PLAYER GAME****

Coming in November, 2013 Larry Davis will host a completely separate Duplicate Bridge Game for new players. **Please contact Larry Davis at 512-343-6942** if you are interested in playing with other new players.



ENRICHMENT CLASSES

The Healthy Aging Series

Helpful Hints for Dealing With "Clutter"

1:30 - 4:00 p.m.

Tues., Aug. 6, 13 & 20

\$35/3 sessions

Is **clutter** getting in your way? Is it sometimes **overwhelming**? In this 2-day class, learn **quick and easy ways** to deal with clutter for good! Learn practical tips from Lakein's *How To Get Control of Your Time and Your Life*, Wittmann's *Clutter Rehab 101* and other "clutter" experts. **Feel more organized and less stressed!** To Enroll or for questions about the class, please call instructor at 512-371-1443. **Instructor: Eleanor Crenshaw**

The Retirement Years Monthly Refresher

The Retirement Years Monthly Refresher

1:30 - 4:00 p.m.

Fri., July 26, Aug. 30, Sept. 27

\$5 per session

The Monthly Refresher (three 1-day sessions) is open to graduates of the 6-week class, **The Retirement Years: Increasing the Joy & Overcoming the Challenges**. It meets the **last Friday** of the month. Pre-registration not required. To Enroll or for questions about the class, please call instructor at 512-371-1443. **Instructor: Eleanor Crenshaw**

The Retirement Years: Increasing the Joy & Overcoming the Challenges

1:30 - 4:00 p.m.

Tues., Oct. 1 - Nov. 5

\$45/6 sessions

This class is ***Exciting, Meaningful, Motivating!*** It is for seniors of **all** ages wanting to make positive changes in their lives, meet others, learn exciting new things, and move forward! **Topics:** Dealing With Change, Goal Setting, Stress Management, Building Self-Esteem, Creating a More Meaningful, Purposeful Life & More! Learn **practical** techniques to use for a lifetime! To Enroll or for questions about the class, please call instructor at 512-371-1443.

Genealogy**1:00 - 3:00 p.m.****Wed., July 24****Free****Wed., Aug. 14**

Students will need to bring a USB or DVD to class to download information. This lecture and computer based Genealogy class will empower participants to search and locate various websites to trace their family history in the United States. The instructor, Gayle Fischer, is an enthusiastic Senior Activity Center volunteer and has tracked her family history over the past few years. Come join Gayle for a fun, interesting and educational class. Basic computer skills (log on, email address, website searching, etc.) are prerequisites for the class. **This class is being repeated and will cover the same information as the May class.** *Class size is limited to four.*

Writing the Stories of Your Life**1:30 - 3:00 p.m.****Thurs., Sept. 5 - Oct. 10****\$42**

Your memories are your real family treasures! Have fun learning techniques to trigger your memories, so that you can write and polish the stories of your life.

Please contact instructor in advance for registration information/availability 512-441-3014.

Instructor: Rosalind Bond

Mah Jongg**Thursdays****1:00 - 3:00 p.m.****FREE**

Instructor Carole Jernigan will lead you in the relaxing and very social game. Carole currently teaches Mah Jong in retirement communities throughout Austin.

COMPUTER CLASSES

iTunes 101

1:30-3:00 p.m.

Tues., July 9

1:30-2:30 p.m.

Tues., July 16

\$10 per student (includes both classes)

Limit 4 students

Want to know how to download music, make playlists and load the music on your iPod shuffle using iTunes? Learn how to set up and use iTunes, download music, create playlists and sync your device. **Prerequisite:**

Must have an active email account, an iTunes account, a major credit card/debit card and own an iPod, iPod shuffle/nano or, iPhone.

Please bring your iPod shuffle/nano or iPhone to class with the cord to class.

E-mail/Internet 101

9:30 – 11:00 a.m.

Tues., July 23

9:30 – 10:30 a.m.

Tues., July 30

\$10 per student (includes both classes)

Limit 4 students

This class is for those of you with some experience using email and the Internet. Join us in learning how to save and find files, create and use an e-mail account - how to set up your contacts address book, how to send/receive attachments, browsing and searching on the Internet.

Prerequisite: Must have an active email account; know the password, the web site of your e-mail provider and the ability to access your account.

Computer Organization 101

9:30 – 11:00 a.m.

Thurs., July 25

\$5 per student - Limit 4 students

If you have trouble finding your documents or pictures on your computer and would like to get them all organized - this class is for you! Learn how to organize files within folders and how to move documents/files from one folder to another.

Digital Camera 2

1:30 – 2:30 p.m.

Thurs., Aug. 1

\$5 per student - Limit 4 students

You attended Digital Pictures and your Camera! Got home and had some trouble. Open forum – bring your questions, issues and learn the solutions together. **Prerequisite: Must have previously attended “Digital Pictures and your Camera!”**

COMPUTER CLASSES

Apple Computer Basics

9:30-11:30 a.m.

Tues., Aug. 6

\$5 per student - Limit 4 students

Prerequisite: Must own an Apple computer/laptop and be able to bring it to class. Bring your personal Apple MacBook to class and learn the basics of how to set the preferences, organize files, open and close programs and more. Class will meet in the computer lab.

Find Friends and Family on Facebook

9:30-11:00 a.m.

Thurs., Aug. 8

9:30-10:30 a.m.

Thurs., Aug. 15

\$10 per student (includes both classes)

Limit 4 students

Facebook is a social gathering place on the Internet, to find your family and friends and then more and more friends, share your daily lives, no matter where you are!! Join this class to start up your own Facebook and be a part of this new world of social networking.

Prerequisite: Must have an active email account; know the password, the web site of your e-mail provider and the ability to access your account.

Digital Pictures and your Camera

1:30-3:00 p.m.

Tues., Aug. 20

1:30-2:30 p.m.

Tues., Aug. 27

\$10 per student (includes both classes)

Limit 4 students

You have filled your digital camera memory card with pictures of family, friends and your flower garden but don't know what to do next...learn how to upload the images to your computer, file and store them and explore online photography sites and vendors that will print your pictures for a small fee. ***Please bring your digital camera to class with the provided cord to connect to computer.***

Excel 101

1:30-3:00 p.m.

Thurs., Aug. 29

\$5 per student - Limit 4 students

Do you want to know how to create a spreadsheet to keep track of your spending or create a list of your favorite collection? Learn the very basics of how to set up a spreadsheet in Microsoft Excel.

Prerequisite: Must have basic knowledge on how to use a computer and mouse.

COMPUTER CLASSES

Computer 101

9:30 – 11:00 a.m.

Tues., Sept. 3

9:30 – 10:30 a.m.

Tues., Sept. 10

\$10 per student (includes both classes)

Limit 4 students

Learn the basics of how to begin using a computer. Find out how to turn a computer on and off, understanding the operating system, how to navigate through the desktop and applications and basic safety and maintenance. This class is for the “TRUE” beginner. Designed for windows based computers.

iPhone 101

1:30 – 3:00 p.m.

Thur., Sept. 12

\$5 per student - Limit 4 students

Do you have an iPhone and only know how to answer phone calls and want to learn more? Learn the basics on how to use your iPhone; creating contacts, text messaging, purchasing apps, update settings, syncing to iTunes, and more.

Computer Organization 101

1:30 – 3:00 p.m.

Thurs., Sept. 19

\$5 per student - Limit 4 students

If you have trouble finding your documents or pictures on your computer and would like to get them all organized - this class is for you! Learn how to organize files within folders and how to move documents/files from one folder to another.

Facebook Part 2

9:30 – 11:00 a.m.

Tues., Sept. 24

\$5 per student - Limit 4 students

You now have a Facebook account and have begun viewing, searching and finding friends. Open forum – bring your questions, issues and learn the solutions together. **Prerequisite: Must have previously attended “Find Friends and Family on Facebook or a current Facebook user with specific questions.**

About the Instructor: Mendy Marshall retired in 2011 from Austin Parks and Recreation Department after 30 years of service. While with the department she provided staff training on a variety of subjects including use of software applications and graphic design. Mendy is an avid computer user. **Register & pay SAC staff 2 weeks before class**

CRAFTS

Ceramics

Tues./Thur., Aug. 6 - Sept. 12

10:00 a.m. - 12:00 p.m.

Sept. 17 - Oct. 24

\$30 per session

Create your own treasures! All levels of experience welcome. Most supplies are furnished. We have molds, paints, bisque, greenware and a kiln to fire your pieces – Weekly drop-ins are welcome at \$10 per week (2 classes in one week).

Register and pay with SAC-Lamar staff prior to attending a session/drop-in class. **No single day class fee available.**

Instructor: Kashdan

Oil Painting

Mondays (Ongoing)

9:00 a.m.- 12:00 p.m.

\$30 per session

Beginning and intermediate oil painting with emphasis on drawing, composition and proper use of colors. Register at front desk with SAC staff & pay instructor.

Jewels with Geri

Tues., July 30, 2013

10:00 a.m. – 12:00 p.m.

Cost: Free

Class led by SAC-Lamar Volunteer Instructor Geri Nichols. Learn the basics or hone your skills; share creative ideas, and techniques with a fun teacher! Supplies to make 1 bracelet and 1 pair of earrings will be furnished, however, participants are welcome to bring their own supplies. Must preregister; class limited to 6 students.

Watercolor

Fridays (Ongoing)

9:30 a.m. - 12:00 p.m.

\$8 per class

You may register for this class at **anytime**. This is an intermediate level class but beginners are welcome. Teacher demonstration every class, critiques and class painting time. Register at front desk & pay instructor.

DANCE & FITNESS

Line Dance Mondays (Ongoing)

10:30 a.m. - 12:00 p.m.

FREE

Dancing is fun, Dancing is neat, Good for your soul, body and feet! Music lifts your spirit and helps your heart soar. New steps, new dances—never a bore! Besides improving balance and making you sweat, new brain pathways are what you get! Intermediate Level & Up Class. **Please register with SAC staff before class begins! Instructor: Watson & Steger**

Exercise/Stretch Mondays, Wednesdays, Fridays 9:15 - 10:15 a.m. (Ongoing)

FREE

Self-paced class utilizing video(s) instruction as well as chair exercises. Weights and stretch bands are provided. Two or three times a week, the class is led by SAC-Lamar staff, Kipa Smith, who has many years of experience leading classes. She instructs the class in both new and well-established exercises as well as instruction regarding balance and strengthening.

T'ai Chi Tues.,/Fri., July 2 - Aug. 9 1:00 - 2:00 p.m. Aug. 13 - Sept. 20 Sept. 24 - Nov. 1

\$30 once a week OR \$50 twice a week

\$5 Drop-in per class

T'ai Chi has many proven Health Benefits for seniors, from increased balance to bone strength and flexibility. It is also one of the safest exercises around because it is practiced slowly with Zero impact. Warm-up with a set of conditioning exercises designed with general health and relaxation in mind followed by Wu Style T'ai Chi, which focuses on balance & exercising the joints. **Register & Pay SAC staff at front desk before class! Registration begins 1 week prior to 1st day of session. Instructor: Kade Green**

FITNESS

Easy Yoga for Beginners

2:00 - 3:15 pm

Wed., July 31 - Aug. 28

\$40 One Session

Sept. 4 - Oct. 2

\$70 Two Sessions

\$14 Drop-in

Designed to make Yoga easy, gentle and accessible to seniors. Excellent for joints, improving balance, flexibility, strength and feeling more relaxed. Features therapeutic applications of Yoga that help in prevention and effective management of common ailments like arthritis, hypertension, back pain, diabetes, asthma, digestive disorders, depression and anxiety etc. If you can breathe and smile, you are fit to practice Yoga in this class. For questions, please contact Jogi at yogasolutions@gmail.com or 512-963-8364 or visit www.medicinalyoga.com Please sign up at front desk and pay the instructor.

Instructor: Jogi Bhagat



Gentle Yoga for Happy Living

1:55 - 3:10 p.m.

Mon./Thur., June 20 - Aug. 8

\$50 One Session

Aug 12 - Sept. 16

\$90 Two Sessions

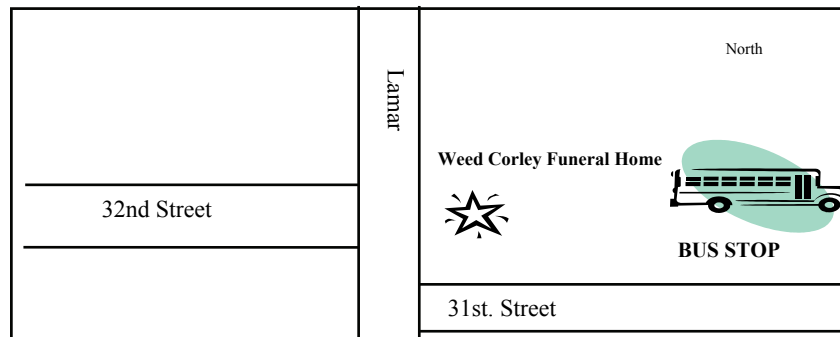
Sept. 19 - Oct. 21

Led by Jogi Bhagat, RYT-500, Certified Yoga Instructor and Yoga Therapist. His rich Yoga experience of last 30 years in India, Europe and US has prepared him to work with people of all ages, sizes, challenges and various ailments. The class is well suited for those with a little Yoga experience and in basic good health, but all are welcome to attend. For questions, please contact Jogi at yogasolutions@gmail.com or 512-963-8364 or visit www.medicinalyoga.com Please sign up at front desk and pay the instructor.

Instructor: Jogi Bhagat

RULES FOR TRIP SIGN-UP

- ♣ All payments must be made at time of registration.
- ♣ You **must come in person** to register, pay your money and receive a receipt for your payment **M-F 9:00 a.m. - 4:00 p.m.** (1st day of registration noted in trip section)
- ♣ You may not sign up by mail or phone under any circumstances.
- ♣ **You may sign up yourself and 1 other person only (no more).**
- ♣ Required waiver forms will be checked or completed at registration.
- ♣ You may call to be put on the waiting list for a trip.
- ♣ You cannot simply transfer your seat to a friend or relative; see page 6-7 for more information!
- ♣ Trips that are not full will be closed two days before the date of the event. Administrative requirements such as reservations, ticket purchase, check preparation, etc. precludes the addition of new travelers.
- ♣ Participants that break from the group or find alternative means of transportation on the return will no longer be permitted to travel with the SAC-Lamar, Travel Program.
- ♣ **Most City of Austin trips depart from the far south area of the Weed-Corley-Fish Funeral Home parking lot at 3125 North Lamar. The entrance is on 31st Street. In the event of funeral services and a full parking lot please park in the SAC-Lamar upper parking lot and the bus will pick you up! Any questions should be directed to the SAC at 512-474-5921.**



TRIPS

*Our City sponsored trips are pending approval from Parks & Recreation Department Headquarters. IF approved, registration will begin Friday, June 21st at 9 AM. **You may register yourself and 1 other person!** Do not write your check until you have registered in person and have received your amount due from SAC-Lamar staff. Credit Card payments now accepted for City of Austin/SAC-Lamar trips.*

Oklahoma! - Fredericksburg Theater

Friday, July 12, 2013

Cost: \$24

The first of Rodgers and Hammerstein's incredible successes, Oklahoma! ran for an unprecedented 2,243 performances. It's the story of love and romance in the Oklahoma Territory as pioneers seek to tame the land, tame their passions and find love even as rivalries between cowboys and farmers strain the day. With famous Broadway tunes like *Oh, What a Beautiful Mornin'*, *The Surrey with the Fringe on Top*, and *People Will Say We're in Love*, you won't want to miss this award-winning classic of the musical theater.

Depart: 4:00 p.m.

Additional Cost: Dinner (Location TBA)

Return: 11:30 p.m.

Comal Country Music Show - New Braunfels

Tuesday, July 16, 2013

Cost: \$3

The Comal Country Music show is good old fashion country music pickin' charity event. Join us for a toe tapping good time. We will stop for dinner before the show at Huisache Grill. Prices range from \$7.95 to \$24.95. Remember to bring your seat cushions.

Depart: 4:00 p.m.

Additional Cost: Dinner & \$7 Entry

Return: 11:30 p.m.

Lunch Bunch - Shoal Creek Saloon

Wednesday, July 24, 2013

Cost: \$2

Shoal Creek Saloon sits on the bank of Austin's infamous Shoal Creek. Owned by Ray Canfield for over 18 years, the Saloon has a long history of being the favored watering hole of politicians, lobbyists, Austin's "Weird" and sports fans of all persuasions. Wednesday is all-you-can-eat Catfish for \$10.99 or you can get 6 fillets for only \$8.99.

Depart: 10:45 a.m.

Additional Cost: Lunch

Return: 1:00 p.m.

All trips have a minimum of 12 participants, and a maximum of 23 participants.

TRIPS

Will Rogers Follies – Georgetown Palace Theater

Friday, August 2, 2013

Cost: \$23

Claiming to have never met a man he didn't like, Rogers was America's first international multimedia sensation, whose wit and homespun wisdom went straight to the nation's heart. Will Rogers narrates his life story through a series of spectacular Ziegfeld Follies production numbers which come to life with Ziegfeld Girls, Ziegfeld's Favorite, wranglers, and a roper. Dinner before the show on the square in Georgetown at the restaurant of your choice (must travel and dine in groups of 2 or more).

Depart: 4:00 p.m.

Additional Cost: Dinner

Return: 11:30 p.m.

Water Bike Bat Tour – Lady Bird Johnson Lake

Wednesday, August 7, 2013

Cost: \$17

Join us for a unique tour on a Water Bike. This 90-minute guided tour by your own self-propelled water bike allows you to get a front-row floating seat for the show. An amazing experience you must try! The normal price of this tour is \$35 so don't miss out on this great bargain! Physical rating similar to a level 1-2 hike. ***Trip limited to 11 participants.***

Depart: 7:00 p.m.

Return: 9:30 p.m.

Laser Tag – Main Event, Austin

Wednesday, August 14, 2013

Cost: \$2

In Main Event's laser tag, you compete against other teams through glowing pillars, arches and passageways in a black light, fog-filled, heart-pounding, music filled adventure. Main Event's laser tag: It's not just a game, it's an adventure. Each game is played with up to 30 individuals so we could possibly be playing against other people. Playing time is approximately 12-15 minutes and the highest score wins. Enjoy lunch inside Main Event; prices range from \$5.95 to \$14.95.

Depart: 10:00 a.m.

**Additional Cost: \$5 per game plus
tax + lunch**

Return: 3:30 p.m.

TRIPS

Lunch Bunch – County Line BBQ (at FM 2222)

Thursday, August 22, 2013

Cost: \$2

The County Line was formed by some Texans who loved Austin; loved its heritage and historical buildings; loved BBQ; and were committed to running a restaurant based on four principles: First: offer the highest quality smoked barbecue – ribs, brisket, sausage and chicken – with traditional sides of cole slaw, potato salad and beans. Second: provide these BBQ specialties in generous portions at reasonable prices. Next: offer friendly table service with linens and bar service. Finally: feature an authentic location that celebrates the heritage of Texas. Sandwich plates start at \$8.59; light lunch platters start at \$10.99.

Depart: 10:45 a.m.

Additional Cost: Lunch

Return: 1:30 p.m.

Inner Space Cavern – Georgetown

Wednesday, August 28, 2013

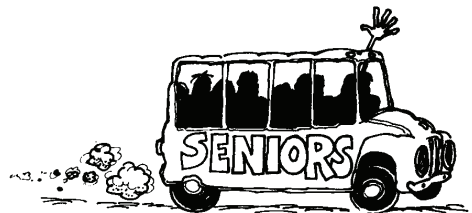
Cost: \$14

Hidden for 10,000 years, Inner Space Cavern is one of the best preserved caves in Texas and one of the few places where remains of prehistoric animals were unearthed. Inner Space Cavern was discovered by a Texas Highway Department core drilling team in the Spring of 1963. While drilling through 40 feet of solid limestone, the bit broke into what is now known as Inner Space Cavern. An adventurous employee of the highway department was lowered into the hole while standing on the drill bit and holding tightly to the stem. After our tour you will have time to shop and eat lunch on the square in downtown Georgetown.

Depart: 9:30 a.m.

Additional Cost: Lunch

Return: 3:30 p.m.



Weekly Meeting/Group Schedule

Monday

Golden K Kiwanis Club	9:00 a.m.
Senior Tennis (Social Group)	9:30 a.m.
Mexican Train	12:30 p.m.
Banjo Club	7:00 p.m.
Golden Rule Dance Club	7:30 p.m.

Tuesday

Men's Dominoes	9:00 a.m.
Palette Club	9:00 a.m.
Sue Hensley Discussion Group	11:00 a.m.
Canasta (2nd & 4th)	12:30 p.m.
Bunco (1st & 3rd).....	1:30 p.m.
BeMused Literature.....	1:30 p.m.

Wednesday

Senior Tennis (Social Group)	9:30 a.m.
Needlepoint	12:30 p.m.
Pinochle	12:30 p.m.
Fifty Plus Singles Dance Club	7:30 p.m.

Thursday

AAUW Bridge Club	9:30 a.m.
Men's Dominoes	12:00 p.m.
Social Bridge	12:30 p.m.
Mah Jongg	1:00 p.m.

Friday

Senior Tennis (Social Group)	9:30 a.m.
Let's Dance (Ballroom Dance Club)	7:30 p.m.

Monthly Meeting/Group Schedule

1st Thurs.

New Agers.....9:30 a.m.
AARP #108.....9:30 a.m.

1st Fri.

UT Bridge9:45 a.m.
Austin Newcomers.....7:00 p.m.

2nd Wed.

SAC Advisory Board Meeting (no summer meetings)..2:00 p.m.
Postcard Club.....7:00 p.m.

2nd Fri.

TX Public Employees Association.....9:00 a.m.

3rd Wed

Accordion Association.....7:00 p.m.

3rd Thurs.

New Agers9:30 a.m.
Inter-Council on Aging.....11:00 a.m.
Retired State Employees Association1:00 p.m.

4th Thurs.

Telephone Pioneers.....11:00 a.m.

Some groups/organizations do not meet in the summer;
please check with the front desk to confirm meetings.

*Due to unforeseen circumstances, information in this
program guide may change without notice. Every effort
will be made to alert participants of change
whenever possible.*

Games . . . Games . . . Games

SOCIAL GAMES

The Senior Activity Center has many fun packed games played every day and they are free of charge unless otherwise noted.

Mexican Train

Mondays 12:30 p.m. - 4:00 p.m.

This fun game is played with color-coded dominoes and is very easy to learn. **Contact Hettie at 512-442-2202**

Men's Dominoes

Tuesdays 9:00 a.m. - 4:00 p.m.

Thursdays noon - 4:00 p.m.

This is just a good old-fashioned regular game of dominoes. This group needs more players!

Canasta

2nd & 4th Tuesday 12:30 p.m.

A card game of the rummy family. Come refresh your skills & enjoy good company! You don't need to remember how to play, we will help you.

Bunco

1st & 3rd Tuesdays 1:30 p.m. - 3:30 p.m.

This is a fun social dice game involving 100% luck and no skill (there are no decisions to be made), scoring and a simple set of rules. This group meets on the 1st & 3rd Tuesday of each month.

Pinochle

Wednesdays 12:30 p.m. - 4:00 p.m.

A double-deck of Pinochle cards is used to play this exciting bidding game. Please know the general rules of the game. This group needs players! **Contact Hettie at 512-442-2202**

Social Bridge

Thursdays 12:30 p.m. - 4:00 p.m.

Come and play a few hands with this open group of bridge players. No partner needed.

Mah Jongg

Thursdays 1:00 p.m. - 3:00 p.m.

Relax and enjoy this very social game that is easier than Bridge.



The Senior Activity Center Advisory Board, participants and staff thank each of you for your generosity and support.

YOUR GIFT HELPS

Reaching out to help Senior Citizen Services in their mission to promote independence and wellness among older adults.

Enclosed is my gift of : (Circle one)

\$5 \$50

\$10 \$60

\$25 Other \$_____

Contribution from: _____

_____ Name

Street City State Zip

♦ HONOR GIFT ♦ MEMORIAL GIFT

To recognize a special occasion To share the memory of
friendship or add to a celebration. and love with others.

I would like my gift to honor/remember the following:

Please send acknowledgement of my honorarium/memorial to:

_____ Name

Street City State Zip

TIPS AND GRATUITIES- REMINDER!!!!



City of Austin policies prohibit ALL staff members and employees from accepting or soliciting any gifts, gratuities (tips) or favors in any form for ANY services.

PLEASE do not put staff in an uncomfortable position or jeopardize any position by violation of this policy. Keep your \$\$ in your pocket! A simple "Thank you" or a smile is appreciated and does not put our staff at risk. Please report any violation to management. We invite you to complete a survey to express your thoughts on any of our programs, events or trips.

Senior Activity Center, Advisory Board
2874 Shoal Crest Ave.
Austin, Texas 78705
Ph: (512) 474-5921 Fax: (512) 708-1753



SENIOR ACTIVITY CENTER

Senior Activity Center Advisory Board

This publication was printed & distributed by the SAC-Lamar Senior Advisory Board